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Session: Other

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Quality of family planning service in the public health centers of Jimma Zone, South East Ethiopia, June 2011

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Background: The unmet need for family planning services in Ethiopia is believed to be high (36%) while the already available services do not appear to be optimally used by potential clients. Therefore an assessment and improvement of the quality of family planning services could enhance family planning services utilization then improves maternal & child mortality.

The main objective of this study was to assess the quality of family planning services in public health centers of Jimma Zone, Southwest Ethiopia.

Methods: A cross sectional facility based study using quantitative and qualitative methods of data collection was conducted from March 1-25, 2011. A systematic random sampling technique was employed to reach the study unit at the selected service delivery points. Data was collected from 301 family planning clients, five family planning service providers and facility inventory by trained data collectors using structured questionnaire, in-depth interview guide and observation checklist. Analysis and interpretation of data was carried out by considering linear regression.

Results: The mean waiting time at the service delivery points and consultation duration was 16.4 and 10.5 minutes respectively. The providers used at least one information education communication materials in 33.3% of client provider interaction. Proportion of clients satisfied to family planning services were 93.7%. Clients' perception on adequacy of information during consultation ($=0.24$; $P<0.001$), ease of getting the clinic site, short waiting time ($=0.17$; $P<0.001$) and educational level ($=0.09$; $P=0.01$) were significantly associated with overall satisfaction. According to providers' opinion shortage of some medical equipment, limited number of trained staff, lack of sufficient information education communication materials, client's awareness level on family planning and providers' knowledge are factors affecting quality of family planning services.

Conclusion: Shortages of necessary equipments and supplies were observed in public health facilities in Jimma zone.

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Effectiveness of SKT 5 to CD4 T cells levels among ARV receiving patients

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Background: HIV infected patients with a long term providing ARV have reported that they had reduction of CD4 t cells and still having opportunistic infections and complications and having a lower quality of life. SKT 5 is an innovation of meditation exercise of Mahidol University with a right protection in Thailand since 2006 and was tested the effectiveness among chronic illness patients since 2010 have been applied to improve the level of CD4 T cells and reduce complication among 25-25 case control of HIV infected patients.

Research question: Does SKT 5 affect CD 4 t cells among HIV patients within 3 months?

Objective: To

1. Measure CD4 t cells among case and control group.
2. Compare CD4 t cells among case and control group.
3. Compare quality of life and opportunistic infections among case and control group.

Methods: Design: Case-Control study

Population and Sample: 50 convenience samples with a stable of CD4 t cells or reduction of CD4 t cells tested 3 times before involving the experiment were recruited from 2 Hospital in the Central part and the North-Eastern part of Thailand. Twenty five cases were randomly recruited to receive SKT 5 intervention and 25 cases were separated as a control group.

Intervention: SKT 5 was trained among the experimental group for a 30 minute session a day. A leaflet was provided of SKT 5 was provide to the experimental group. The experimental group has convinced to practice SKT 5 once a day in the evening time by themselves within 3 months of the experimental period.

Measurement: CD 4 t cells were measured 2 times within 3 month of experimental period. Quality of life and complication and opportunistic infections were measured by using a set of questionnaires.

Analysis: Descriptive statistics and T-test was applied to analyze the data.

Results: CD4 t cells levels among experimental group was higher than the control group significantly ($p<0.05$). Reduction of opportunistic infection and were found among experimental group. Quality of life of experimental is improved higher than the control group.

Conclusion: SKT 5 is an alternative modality to increase CD4 T cells among HIV infected patients.

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